

# May Activities

## Gary and Mary West Senior Wellness Center

1525 Fourth Ave, San Diego, CA 92101. Contact [volunteer@servingseniors.org](mailto:volunteer@servingseniors.org) for more information.  
We will be scanning activity cards at all activities this month, so please have them with you.

SUN	MON	TUES	WED	THURS	FRI	SAT
					<p><b>1</b></p> <p><b>CEG/SVA Meeting (MBSR)</b> 9:00 AM</p> <p><b>Naomi's Crochet Circle</b> 10:00 AM</p> <p><b>Coffee Hour</b> 10:00 AM</p> <p><b>Friday at the Movies</b> 1:00 PM</p> <p><b>Quiet Utility Hour</b> 3:00 PM</p>	<p><b>2</b></p> <p><b>Ping Pong</b> All day</p>
<p><b>3</b></p>  <p><b>MAY THE FOURTH BE WITH YOU...</b></p> <p><b>Ping Pong</b> All day</p>	<p><b>4</b></p>  <p><b>Yoga w/ Yerson</b> 9:00 AM</p> <p><b>Medi-Cal and CalFresh Q&amp;A and Enrollment</b> 10:30 AM - 2:30 PM</p> <p><b>Coffee Hour</b> 10:00 AM</p> <p><b>Quiet Utility Hour</b> 3:00 PM</p>	<p><b>5</b></p>  <p><b>Introduction to Tai Chi</b> 8:30 AM</p> <p><b>Walking Group</b> 8:45 AM</p> <p><b>Blood Pressure Check</b> 9:00 AM</p> <p><b>Coffee Hour</b> 10:00 AM</p> <p><b>Bingo</b> 10:00 AM</p> <p><b>Over a Cup of Coffee</b> 10:00 AM</p> <p><b>Bingo</b> 2:00 PM</p> <p><b>Karaoke</b> 3:00 PM</p> 	<p><b>6</b></p> <p><b>Yoga w/ Henry</b> 9:15 AM</p> <p><b>Coffee Hour</b> 10:00 AM</p> <p><b>Quiet Utility Hour</b> 3:00 PM</p>	<p><b>7</b></p> <p><b>Walking Group</b> 8:45 AM</p> <p><b>Blood Pressure Check</b> 9:00 AM</p> <p><b>Coffee Hour</b> 10:00 AM</p> <p><b>Bingo</b> 10:00 AM</p> <p><b>Singing Group</b> 11:00 AM</p> <p><b>Karaoke</b> 1:00 PM</p>	<p><b>8</b></p> <p><b>SVA Meeting (MBSR)</b> 9:00 AM</p> <p><b>Coffee Hour</b> 10:00 AM</p> <p><b>Friday at the Movies</b> 1:00 PM</p> <p><b>Ice Cream Social</b> 2:00 PM</p> <p><b>Quiet Utility Hour</b> 3:00 PM</p>	<p><b>9</b></p> <p><b>Ping Pong</b> All day</p>
<p><b>10</b></p>  <p><b>Ping Pong</b> All day</p>	<p><b>11</b></p> <p><b>Yoga w/ Yerson</b> 9:00 AM</p> <p><b>Coffee Hour</b> 10:00 AM</p> <p><b>Quiet Utility Hour</b> 3:00 PM</p>	<p><b>12</b></p> <p><b>Introduction to Tai Chi</b> 8:30 AM</p> <p><b>Walking Group</b> 8:45 AM</p> <p><b>Blood Pressure Check</b> 9:00 AM</p> <p><b>Coffee Hour</b> 10:00 AM</p> <p><b>Bingo</b> 10:00 AM</p> <p><b>Over a Cup of Coffee</b> 10:00 AM</p> <p><b>Bingo</b> 2:00 PM</p> <p><b>Karaoke</b> 3:00 PM</p>	<p><b>13</b></p>  <p><b>Pilates w/ Henry</b> 9:15 AM</p> <p><b>Coffee Hour</b> 10:00 AM</p> <p><b>PAWs: Pet Supply</b> 11:00 AM</p> <p><b>Greeting Card Class w/ Letitia</b> 2:00 PM</p>	<p><b>14</b></p>  <p><b>Blood Pressure Check</b> 9:00 AM</p> <p><b>West Cooking Demo</b> Doors open 9:30 AM Demo starts 10:00 AM</p> <p><b>Karaoke</b> 1:00 PM</p> <p><b>Coloring &amp; Crafts</b> 2:00 PM</p>	<p><b>15</b></p> <p><b>CEG Meeting (MBSR)</b> 9:00 AM</p> <p><b>Spoken Word Workshop (MBSR)</b> 10:00 AM</p> <p><b>Friday Bingo w/ KPMG</b> 10:00 AM</p> <p><b>Coffee Hour</b> 10:00 AM</p> <p><b>Friday at the Movies</b> 1:00 PM</p> <p><b>Arts &amp; Crafts</b> 2:00 PM</p> <p><b>Quiet Utility Hour</b> 3:00 PM</p>	<p><b>16</b></p> <p><b>Bingo w/ Snoops for Soups</b> 1:00 PM</p>

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SUN	MON	TUES	WED	THURS	FRI	SAT
<b>17</b>  <b>Ping Pong</b> All day	<b>18</b>  <b>Yoga w/ Yerson</b> 9:00 AM <b>Coffee Hour</b> 10:00 AM <b>Quiet Utility Hour</b> 3:00 PM	<b>19</b> <b>Introduction to Tai Chi</b> 8:30 AM <b>Walking Group</b> 8:45 AM <b>Blood Pressure Check</b> 9:00 AM <b>Coffee Hour</b> 10:00 AM <b>Bingo</b> 10:00 AM <b>Over a Cup of Coffee</b> 10:00 AM <b>Social Services Workshop</b> 11:00 AM <b>Bingo</b> 2:00 PM <b>Karaoke</b> 3:00 PM	<b>20</b>  <b>Yoga w/ Henry</b> 9:15 AM <b>Coffee Hour</b> 10:00 AM <b>Birthday Party</b> 2:00 PM	<b>21</b> <b>Introduction to Tai Chi</b> 8:30 AM <b>Walking Group</b> 8:45 AM <b>Blood Pressure Check</b> 9:00 AM <b>Coffee Hour</b> 10:00 AM <b>Bingo</b> 10:00 AM <b>Singing Group</b> 11:00 AM <b>Karaoke</b> 1:00 PM <b>Coloring &amp; Crafts</b> 2:00 PM	<b>22</b>  <b>Coffee Hour</b> 10:00 AM <b>Friday at the Movies</b> 1:00 PM <b>Quiet Utility Hour</b> 3:00 PM	<b>23</b>  <b>Ping Pong</b> All day
<b>24</b>  <b>Ping Pong</b> All day	<b>25</b>  <b>MEMORIAL DAY</b>	<b>26</b> <b>Introduction to Tai Chi</b> 8:30 AM <b>Walking Group to Balboa Park: Filipino Culinary Journeys</b> 8:45 AM <b>Blood Pressure Check</b> 9:00 AM <b>Coffee Hour</b> 10:00 AM <b>Bingo</b> 10:00 AM <b>Over a Cup of Coffee</b> 10:00 AM <b>Bingo</b> 2:00 PM <b>Karaoke</b> 3:00 PM	<b>27</b>  <b>Yoga w/ Henry</b> 9:15 AM <b>Coffee Hour</b> 10:00 AM <b>Quiet Utility Hour</b> 3:00 PM	<b>28</b> <b>Introduction to Tai Chi</b> 8:30 AM <b>Walking Group</b> 8:45 AM <b>Blood Pressure Check</b> 9:00 AM <b>Coffee Hour</b> 10:00 AM <b>Bingo</b> 10:00 AM <b>Singing Group</b> 11:00 AM <b>Karaoke</b> 1:00 PM	<b>29</b>  <b>Naomi's Crochet Circle</b> 10:00 AM <b>Coffee Hour</b> 10:00 AM <b>Lunch Punch Raffle</b> All lunches <b>Friday at the Movies</b> 1:00 PM <b>Quiet Utility Hour</b> 3:00 PM	<b>30</b>  <b>Ping Pong</b> All day
<b>31</b>  <b>Ping Pong</b> All day	<b>Yoga w/ Yerson</b> 9:00 AM <b>Coffee Hour</b> 10:00 AM <b>Quiet Utility Hour</b> 3:00 PM					

### May Punch Card

1	2	3	4	5	Join us for lunch & get a punch. Reach the  for entries into the raffle. Maximum of 6 entries possible. One punch per lunch. One card per person.
6	7	8	9	10	
11	12	13	14	15	
16	17	18	19	20	
21	22				

Lunch Punch Cards can be redeemed for raffle tickets during lunch on May 29th. Make sure you get those punches!

